

# Among Friends



Fond du Lac Senior Center ... *where friends meet!*

**March 2013**

~ Proudly serving the seniors in the Fond du Lac community for over 45 years! ~

For each petal on the shamrock,  
This brings a wish your way

**GOOD HEALTH,  
GOOD LUCK  
and HAPPINESS**

For  
today  
and  
every day



Hidden in this newsletter are seven “lucky shamrocks” (images will be exactly like above except smaller). Find all seven, neatly write their location (page number and brief description) on a piece of paper along with your name and phone number and hand it in to the front desk or mail it in. One lucky winner, chosen at random among all correct entries received by March 29, will receive a \$25 JCPenney Gift Card.

**Good Luck!**

# WELCOME TO THE FOND DU LAC SENIOR CENTER

## March 2013



A Free Monthly Publication  
Vol. 4 • No. 3

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### Fond du Lac Senior Center

151 E. 1st St.

Fond du Lac, Wisconsin 54935

Phone..... (920)322-3630

Email.....dwinkelmänn@fdl.wi.gov

Hours .....M-F 8:00 a.m.- 4:30 p.m.

*The Fond du Lac Senior Center provides equal services to all individuals 50 years and over, including those with disabilities.*

### Newcomer Tour

Call 322-3630 if you would like a tour of the Senior Center and to learn about our programs and activities. This tour is for new members or those who have not been very active but want to find out more about the Center.



2

## YOUR UNDERSTANDING IS APPRECIATED

Senior Center participants: Thank you for your cooperation when the rooms need to be juggled due to our tight room schedule. Implementation of the Tax Aide Program requires space, including our computer lab, during February, March and April. There are so many other activities going on that activities have been moved and groups asked to change times. **Thanks for your understanding as we try to keep the Center active and also offer this worthwhile community service!**

## BRAT FRY WORKERS NEEDED

The Friends of the Fond du Lac Senior Center will again sponsor several brat fry weekends at Piggly Wiggly. Can you help out on any of these three weekends? We need **LOTS** of volunteers for this annual fundraiser! If you can help grill or serve, please call the Senior Center at 322-3630 or stop by and sign up at the front desk. Mark your calendar to stop by the Piggly Wiggly for a brat, hamburger, or hotdog on the following dates:



### 2012 Brat Fry Schedule at Piggly Wiggly

Friday, May 3	Saturday, May 4	Sunday, May 5
Friday, May 10	Saturday, May 11	Sunday, May 12
Friday, May 17	Saturday, May 18	Sunday, May 19

**YOUR HELP WILL MAKE THIS FUNDRAISER A SUCCESS!**

## DINE OUT COUPON BOOKS

The Dine Out Coupon Book fundraiser for the Friends of the Fond du Lac Senior Center features 47 coupons for dining at 38 area restaurants with savings of more than \$150. The book costs just \$5 and offers discounts that are good through December 2013.

Purchase coupon books in the This 'n That Craft & Gift Shoppe, located inside the Senior Center, Monday - Friday, from 9 a.m. to 4 p.m. Books are also available at: Central Barber, Fox Valley Savings Bank, KFIZ, Korneli's Main Street Express, Philly's on 4th, and Pump 'n Pantry.



Visit us online at [www.fdlseiorcenter.com](http://www.fdlseiorcenter.com)

# MINI HEALTH FAIR

Mini Health Fairs are held on the 2nd Friday of ODD months from 9–11 a.m.

## LUCKY BINGO

**Friday – March 8**  
**10 – 11 a.m.**



LUCKY LADIES of the Senior Wellness Coalition, which sponsors ODD MONTH BINGO.

### Health Screenings 9–10 a.m.

- Blood pressure by *Generations Home Care and Hospice*
- Blood sugar (fast required) by *Lutheran Homes & Health Services*

**DVD 9:15 – 10 a.m.** “Aerobic and Anaerobic Exercise.” Dr. Anthony Goodman states that “exercise is absolutely the single most consistent factor in staving off cognitive decline that occurs with aging.” Learn about different types of exercise.

**Odd Bingo 10 – 11 a.m.** Do you have the *luck of the Irish*? Come find out at this month's bingo. Bring along a list of words with a “luck” theme. You must *pre-register* to attend LUCKY BINGO as *space is limited to 40*. Register at the front desk. Pay 50¢ for 2 cards on Friday, March 8.

### Newsletter Crew

Editor.....Dottie Winkelmann  
Coordinator/  
Design/Writer.....Judy Lange  
Writer.....Jean Holzman  
Mail Coordinator.....Vivian Gorden  
Labels.....Darlene Lyness  
Mail Crew.....20+ volunteers!

### Newsletter Deadline

The deadline for submission in the April's *Among Friends* is Monday, March 4. Submit information to Judy Lange.

### Up-to-Date Information



Tune in to KFIZ-AM *The One You Depend On* 1450 Monday mornings at 9:10 a.m. for the Senior Center report.

Dottie Winkelmann, Senior Center Director, is guest of Wade Bates on his *After Breakfast Show* every Monday morning. Listen in for information about upcoming activities and events at the Senior Center.

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Darlene Hoffmann, Mgr.



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# UPCOMING PROGRAMS

## BAGELS WITH BEN

Hosted by: Ben Baertschy  
Financial Advisor  
Edward Jones Investments

NEW  
FORMAT!



Have a bagel and chat with Ben on the **1st Monday of each month at 9 a.m.** Ben will be joined by a different guest speaker each month to address specific investment topics. This is an *informational presentation*—no pressure or

obligation! Ben will also be available to answer any questions you may have on any investment topic.

**MARCH 4: Kathleen Gill from Franklin Templeton**

Topic: The current market and how stocks can compliment your portfolio

**APRIL 1: Keith Brennan from Prudential**

Topic: Ideas for increasing & adding longevity to retirement income

**MAY 6: John Florence from Lincoln Financial**

Topic: Understanding your required minimum distributions

**JUNE 3: Jim Lowry from Pacific Life**

Topic: How to prepare for long-term care expenses

Bagels by "The Bagelmeister." Free to attend. Pre-registration is appreciated by calling 322-3630 or stop at the front desk.

## HOME ENERGY ASSISTANCE

**Wednesday—March 13, at 1 p.m.**

**Are high energy costs getting you down?  
The Home Energy Plus program may help!**

Sharon Adams, representative with Energy Services, Inc. of Fond du Lac County, will give an informational program regarding The Energy Plus Program. This free program is available to assist low income individuals and families of any age with their energy bill. Learn what income levels qualify and how to apply for this service. Even if this would not be beneficial to you personally, perhaps a family member or someone you know could benefit. You may also qualify for free home weatherization. Please call our front desk at 322-3630 if you would like to attend this informational program. Light refreshments will be served.



The Home Energy Plus Program is administered by the State of Wisconsin Home Energy Assistance Program. Energy Services, Inc. is supported in part by the State of Wisconsin's Department of Administration—Division of Energy Services. For over 30 years, Energy Services, Inc. has been keeping the heat and power on for those most in need. If you would like to learn more, but are unable to

4 attend this program, please call 1-800-506-5596.

## WHEN I'M 65

**Thursday, March 14, at 1:30 p.m.**

**Julie Hilbert, Benefit Specialist,  
FDL County Department of Senior Services**

Are you nearing the age of retirement and wondering what impact turning 65 will have on you? "When I'm 65" is a program designed to answer this question. Learn the various parts of Social Security and Medicare, what choices you need to make when you become eligible, and what the timelines are for those choices. Learn answers to questions such as:



How do I sign up for Medicare?  
What if I'm covered under my spouse's insurance?  
I am still working...Do I need Medicare?  
What exactly are Medicare Parts A, B, C and D?  
What are the new private Medicare plans?

**This program is not just for those turning 65—but for anyone who has benefit concerns or questions.**

The program will also cover:

- ◆ Working Past Retirement Age
- ◆ Supplemental Insurance
- ◆ Medicare Advantage Plans
- ◆ Social Security

Please call the Senior Center at 322-3630 to register by Monday, March 11.

## AARP MEETING Meet our new City Manager!

Upcoming general meeting of AARP Chapter #614:

**Thursday—March 21, at 1:30 p.m.**

The featured speaker for February's AARP meeting will be **JOE MOORE**, Fond du Lac City Manager, who says he's happy to be in town and ready for the challenges of his job.

AARP meetings are free to attend and open to the public. They are held at the Senior Center **every 3rd Thursday of the month**. Refreshments are served. The cost to join the local AARP chapter is \$3.



## MEN'S GOLF LEAGUE INFORMATIONAL MEETING

**Thursday, March 28, at 9 a.m.**

The boys will be back at Whispering Springs Golf Course for the Senior Center's Men's League, which will run **early May through early October**. This 22-week handicap league is made up of 2-man teams with an 8 a.m. tee time. In the past the league ran on Thursday mornings, but that may change for 2013. This organizational meeting will discuss this and other details of the league. **It will be held at the Senior Center in the Main Activity Room.** If you can't attend the meeting, but would still like to join the league, you should call Mike Meyer right away. If you have questions about the meeting or the golf league, contact Mike Meyer at 922-6737.

# UPCOMING PROGRAMS

## INVESTMENT WORKSHOP

Presented by Jeff Kemp

**Mondays through April 8 from 3:00–4:30 p.m.**

**Are you interested in making more informed decisions with your investments? Get money smart!**

Each spring, the community of Fond du Lac has a unique



opportunity to get non-biased information on personal investing. Jeff Kemp, a financial educator from Oshkosh, comes to the Senior Center every

March and April to present his financial workshop, a series of seven lessons. Jeff Kemp is a financial educator, not a broker or financial planner. He teaches personal finance classes at Oshkosh North and West High Schools, MPTC, UW-Oshkosh and Senior Centers in Oshkosh, Appleton, and Manitowoc, and offers his financial expertise free of charge as a community service. All information presented is non-biased. The course is designed to provide the fundamental investment basics needed to make more informed financial decisions.

**All ages and all levels of investors are encouraged to attend.** The classes are FREE and open to the public. You do not need to attend all seven sessions – attend as few or as many as you like. If you have not done much saving or investing for your future, would like to learn how to be your own financial manager, or would like to be more financially independent, then these classes are for you!

### Topics include:

- Investing in the stock market with mutual funds
- Bond investing
- Understanding what economic forces move markets
- Building a sound asset allocation
- Taxes and investing; exchange traded funds
- How to build and manage your own portfolio

You need not attend all sessions - attend as few or many as you like. For planning purposes, registration is requested by calling 322-3630.

## Let's do lunch!

The Senior Center is a meal site for the FDL County Senior Nutrition Program. Served Monday–Thursday at 11:45 a.m., the meal is available to all seniors regardless of income, with a suggested donation of \$3 for those age 60 or over.

**If you haven't tried these delicious, nutritious lunches, what are you waiting for?**



Pick up a menu and registration information at the front desk or visit our website at [www.fdlseiorcenter.com](http://www.fdlseiorcenter.com).

## SPRING SING-ALONG

with Jess Ellison

**Monday–April 15, from 12:30–1:30 p.m.**



Join Jess Ellison, piano-player at Theo's Cream City Chop House Restaurant, for an old-fashioned sing-along. Jess will be **SING-ALONG** playing songs that will have you thinking SPRING! Sing along or just sit back and listen and enjoy. Dessert and refreshments will be served. Free and open to the public. For planning purposes, register at the Senior Center's front desk or by calling 322-3630 if you plan to attend.

## LADIES GOLF

All lady golfers are welcome to join the LPGC (*Ladies Playful Golf Club*) at Oakgreen Golf Course on Monday & Wednesday mornings this spring and summer. This is not a league, but rather an informal gathering of ladies who love to golf and have fun. You need not golf every Monday and Wednesday, just come and play when you can. The first gathering will be at **Oakgreen on Monday, May 6, at 9 a.m.** for a brief meeting followed by a 9:30 a.m. tee time. The season will conclude with a party on Monday, September 2. For more information, please contact Alice Dann at 920-753-5126



## GET YOUR TICKETS NOW!

**Sunday  
April 28**

## Seniors Got Talent! Musical Revue

An afternoon of musical entertainment featuring the Senior Center's talented musical performing groups:

- ♪ SCAMP Band
- ♪ Red Hat Honeys Chorus
- ♪ Handchime Choir
- ♪ Staley-Hamm Singers

## Eagles Club

This is NOT a talent show, but rather an afternoon showcasing some of the Senior Center's talented musical performing groups.

**Tickets are \$5 per person and are available at the Senior Center**

# HAPPY TRAVELERS

Doris Zimmermann, Travel Coordinator  
Mary Schneider, Travel Assistant & Tour Director

Call 322-3635

SIGN UP FOR THESE TRIPS AS SOON AS POSSIBLE • STOP IN & PICK UP A 2013 TRIP PREVIEW BROCHURE

## MILWAUKEE DOMES & GREENDALE TOUR

Wednesday—June 12 Cost: \$67



We'll explore the Domes for about two hours, then stop for lunch at Joey Girard's Supper Club in Greendale. Next stop

is Taste of Home for a Kitchen Test Demo, followed by a Historical Tour of Greendale to see all the beautiful flowers and time for shopping. Then we're off to Forest Home Cemetery for a step-on guided tour. See the magnificent Blatz Mausoleum and hear about beer barons Pabst, Schlitz and Blatz; Alfred Lunt and Lynne Fontanne and General Billy Mitchell and learn about the "history" of cemeteries.

Leave: 7:45 a.m. Home: 6:00 p.m.

## ARLINGTON HORSE RACES

Wednesday—June 26

Arlington Heights, IL Cost: \$54



**Will your horse WIN, PLACE OR SHOW?**

A list of the races will be available when you arrive at the track. Before the races we'll stop

for a delicious Dutch treat lunch at the Avalon Restaurant, known for reasonable prices and good service. We will also stop at the Racine Culver's for dinner (also Dutch treat) before heading home.

Leave: 8:00 a.m. Home: 9:45 p.m.

## MAGGIE MAE'S BARN DANCE

Thursday—June 20

Oxford, WI Cost: \$68



Buffet lunch includes: Salad, Two Meats, Potato, Vegetable, and Beverage.

After lunch Maggie Mae and her band will entertain with two full hours of country music—perfect for whirling 'round the barn dance floor or just sit back and tap your toes to the music.

After the show, we'll go to see Maggie Mae's Cafe in Oxford and stop at Borud True Value Hardware Store, which has "just about anything." Travelers receive a coupon good for 20% off any purchase.

Leave: 9:30 a.m. Home: 6:00 p.m.

## CHICAGO

Architectural Cruise & Botanical Gardens Tour

Wednesday—July 10 Cost: \$88



Chicago's architectural heritage is considered to be among the finest in the world, and the Chicago River provides the ultimate setting to view these magnificent structures. Then stroll the spectacular botanical

gardens, take in nature's sweet aroma and be amazed at the wonder of Mother Nature!

Dutch treat lunch at the Walnut Room in Macy's Department Store, downtown Chicago and Dutch treat dinner stop at Culver's in Milwaukee.

Leave: 7:30 a.m. Home: 9:00 p.m.

Friends membership is required to travel with the Happy Travelers. Membership is \$10 for a single and \$15 for a couple.

## ONEIDA CASINO DAY TRIPS

THURSDAY, MARCH 28

THURSDAY, APRIL 25

THURSDAY, MAY 30

WEDNESDAY, JULY 24

Dinner at KODIAK JACK'S in Oshkosh

Dinner at SCHWARZ'S in St. Anna

Dinner at JIM & LINDA'S LAKE VIEW SUPPER CLUB

Dinner at ROXY'S in Oshkosh



COST: \$54 Includes: \$25 for gambling, *fantastic dinner*, bus transportation & FUN!

6 Leave: 10 a.m.; Home: 7:00 p.m.



**JOIN US FOR A 4-DAY NORTHERN ADVENTURE!**

# AGAWA CANYON & PICTURED ROCKS

**September 24 – 27, 2013 (Tuesday – Friday)**



## Tour Highlights:

- Marquette MI Historic City Tour
- Pictured Rocks Boat Cruise
- 2 Nights at Kewadin Casino & Hotel
- Agawa Canyon Train Tour
- Upper Tahquamenon Falls & Big Spring
- Includes 3 Breakfasts (B), 3 Lunches (L) & 1 Dinner (D)

## Passport Required

Single Occupancy: \$660.00 Double Occupancy: \$530.00  
Triple Occupancy: \$483.00 Quad Occupancy: \$460.00

A \$50.00 deposit is required at sign up.

## On Day 1:

Grab your **PASSPORT** and let's head North. Stopping in Escanaba, Michigan for lunch at the **Swedish Pantry** where we will enjoy *Swedish Meatballs sided with lingonberries and Homemade breads*. After lunch we'll head farther north for a step-on guided tour of **Historic Marquette, Michigan, Presque Isle Park and over 5 miles of scenic Lake Superior shoreline**. Also the **Superior Dome** which opened as the "world's largest wooden dome" on September 14, 1991, is a domed stadium on the campus of Northern Michigan University. **L**

## On Day 2:

After breakfast we will depart for a **Pictured Rocks Boat Cruise** on Lake Superior with a buffet lunch in Munising. Enjoy the drive through the wooded Upper Peninsula of Michigan on our way to Sault Ste. Marie, Michigan, where we'll stay at the **Kewadin Casino and Hotel** for two nights. Dining at the **Antlers Restaurant**, you'll be intrigued by the antler collection and numerous mounted animals. Try the world famous Soo Stew Canoes, Venison Pie, or a Great Burger like "The Paul Bunyan". A fun place to be! **B, L**

## On Day 3:

Today it's the **Agawa Canyon Train Tour**. The Agawa Canyon Tour Train is a day-long wilderness trail adventure that travels over towering railway trestles, through incredible Cambrian Shield rock formations and along sparkling lakes and rivers. The tour features dining car service and includes a 2-hour stopover at **Agawa Canyon Park**. Breakfast included on the train and a box lunch to enjoy while spending time in the Canyon. Buffet dinner at the Kewadin Casino. **B, L, D**



## On Day 4:

After breakfast and check-out at the Kewadin Casino & Hotel, travel to Upper **Tahquamenon Falls** in the **Tahquamenon State Park**. Hike to see the falls or visit the gift shop. Dutch treat lunch at the **Tahquamenon Falls Brewery & Pub**. Next, we're off to the **Big Springs of Michigan in the Palms Book State Park** on Indian Lake near Manistique, Michigan. There we'll meet with the park ranger for a site interpretation, hand-powered raft ride and visit to the park's gift shop. Dutch treat dinner will be at **Schoegel's Bay View Restaurant** before heading home. **B**

Leave Holiday Inn: Tuesday, 6:30 a.m. Arrive Fond du Lac: Friday, 9 p.m.

# MPTC CLASS AT THE SENIOR CENTER

## BEGINNING YOGA

Introduces students to all the essentials of yoga practice; breathing techniques, safe and relaxing yoga stretches, basic yoga postures, and guided relaxation techniques. Please bring a yoga mat or blanket.

**Instructor: Jeanie McDowell**

**Cost for the 6-week session:**

**Age 62 or over—\$25.94; Under 62—\$33.25**

**Course #: 807-600-31445**

**Dates: Thursdays—March 7, 14, 21, 28, April 4, 11**

**Time: 10:30-11:30 a.m.**

**Course #: 807-600-31446**

**Dates: Thursdays—April 18, 25, May 2, 9, 16, 23**

**Time: 10:30-11:30 a.m.**



Register for this class at MPTC in person (use the C-1 Main Entrance) or by telephone at **922-8611** (ask for registration desk). To pay, you can use a charge card over the telephone, mail in a check, or pay in person at MPTC. You will need the course number when you call MPTC. This class is limited to 10 students, so prompt registration is encouraged.

## FREE TAX ASSISTANCE OFFERED



**Tax-Aide volunteers offer FREE Income Tax Preparation Assistance to electronically file federal and state income taxes, including the "homestead credit."**

**The Tax-Aide program, administered through the AARP Foundation in cooperation with IRS, is designed to assist the**

**elderly in preparing their personal income tax returns, but the trained volunteers also help ALL low-to-moderate income individuals, regardless of age. Although there are certain types of tax situations such as rental property, farm or business income that are not covered by the program, the volunteers will be able to assist most area residents. This is an AARP and IRS co-sponsored community service.**

**The Fond du Lac Senior Center Tax-Aide site, located at 151 E. First Street, operates each**

**TUESDAY, WEDNESDAY & THURSDAY 8:30 a.m.—3:00 p.m. through APRIL 11**

**The Tax-Aide program provides federal tax, state tax, and homestead credit assistance. Appointments for *FREE* tax assistance can be made by calling 322-3630. Walk-ins will be accommodated as time allows, but *it is recommended that you make an appointment*. One tax return per appointment (if you need two tax returns done, you will need to schedule two appointments).**

**PLEASE ARRIVE AT LEAST 15 MINUTES EARLY  
FOR YOUR TAX AIDE APPOINTMENT!**

**If you have an appointment and are sick or not feeling well, or can otherwise not make your appointment, please call to cancel your appointment and reschedule. We often have a waiting list that could be used.**

**CALL 322-3630 TO SCHEDULE AN APPOINTMENT TODAY!  
HURRY—APPOINTMENTS ARE FILLING FAST!  
ONE TAX RETURN PER APPOINTMENT**

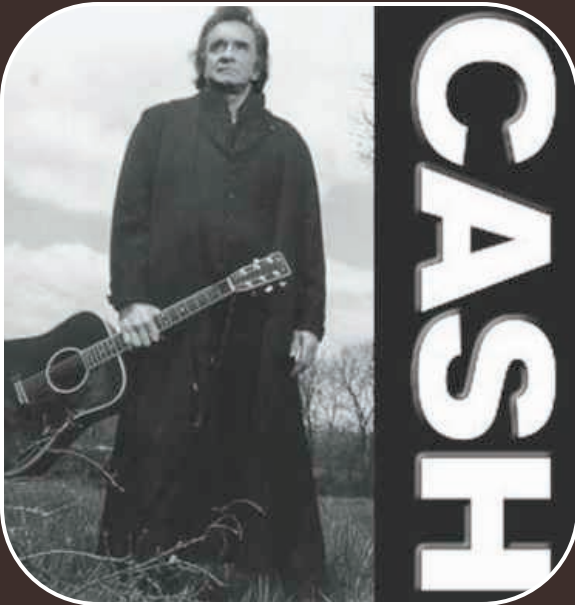




## GOOD NEWS!

# Remembering THE MAN IN BLACK

with musician "Johnny Dough" as he shares the musical legacy of the great Johnny Cash



Many of you were disappointed at our Friends Annual Meeting in January when our scheduled musical entertainment, Johnny Cash tribute artist "Johnny Dough," was suddenly unable to come due to car trouble. Well there's GOOD NEWS! Johnny has rescheduled a performance for us!

## "JOHNNY DOUGH"

**TUESDAY, MAY 7, at 2 p.m.**

### Goodrich Little Theater

There will be no charge to anyone who attended or had registered to attend the Annual Meeting on Friday, January 25. If you would like to see the show, but you were not registered for the Annual Meeting, pay just \$3 per person. For planning purposes, **registration is required** for ANYONE planning to attend—**call 322-3630 to register by Friday May 3.**

**ABSOLUTELY NO ADMITTANCE WITHOUT PRIOR REGISTRATION**



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921-4381 or 921-0580

# MPTC COMPUTER CLASSES

The Fond du Lac Senior Center is proud to partner with MPTC to bring you these computer classes. These classes are set up through Moraine Park Technical College and held in the Computer Lab at the Senior Center. The classes are taught at a relaxed pace and are open to ALL ages.

**HOW TO REGISTER:** Register at MPTC in person (C-1 Entrance) or by telephone at 922-8611. Classes often fill fast—early registration is recommended. \* = For Computer Basics 1, 2, 3 & 4, each student is required to bring a jump drive to class.

COURSE #	DAY	DATE	WKS	TIME	HOURS	INSTRUCTOR	COST (62+)	COST (<62)
<b>COMPUTER BASICS 1*</b>								
103-483-31416	Friday	March 22, 29, April 15	3 weeks	9:00 a.m.—Noon	9 hrs	Karen Beaman	\$4.00	\$33.23
103-483-31423	T, W, R	April 16, 17, 18	3 days	9:00 a.m.—Noon	9 hrs	Karen Beaman	\$4.00	\$33.23

Learn how to turn on equipment; what to expect once it is on; and how to use a mouse, run software and give commands to the computer. Hands-on experience is emphasized. This beginning-level course introduces basic computer information.

<b>COMPUTER BASICS 2*</b>								
103-485-31420	Friday	April 5, 12	2 days	Noon—4:30 p.m.	9 hrs	Karen Beaman	\$4.00	\$33.23
103-485-31424	W, R, F	April 24, 25, 26	3 days	9:00 a.m.—Noon	9 hrs	Karen Beaman	\$4.00	\$33.23

Learn how to create and save documents; bold, italicize and format documents; and work with files and folders on a computer. Hands-on experience is emphasized.

<b>COMPUTER BASICS 3*</b>								
103-490-31421	T, W, R	April 16, 17, 18	3 days	1:00—4:00 p.m.	9 hrs	Karen Beaman	\$4.00	\$33.23
103-490-31425	W, R, F	April 24, 25, 26	3 days	1:00—4:00 p.m.	9 hrs	Karen Beaman	\$4.00	\$33.23

Learn how to browse and search web pages as well as send and receive email. Build on the skills learned in Computer Basics for Beginners 1 & 2.

<b>COMPUTER BASICS 4*</b>								
103-491-31426	M, T	April 29, 30	2 days	Noon—4:30 p.m.	9 hrs	Karen Beaman	\$4.00	\$33.23

Explore in-depth concepts of computer software and hardware, building on the knowledge and application technique skills of Computer Basics for Beginners 1, 2 & 3.

<b>BEGINNING DIGITAL CAMERAS</b>								
105-605-31403	Monday	April 22	1 time	Noon—4:00 p.m.	4 hrs	JoAnne Smith	\$18.63	\$23.50

Examine the features of digital cameras. Learn the technology and jargon associated with digital cameras such as "megapixel" and "flash memory." Experiment with different types of digital cameras and learn how to share your digital photos with friends and family by e-mail and over the Internet.

<b>INTERMEDIATE DIGITAL CAMERAS</b>								
105-609-31406	Thursday	May 16	1 time	Noon—4:00 p.m.	4 hrs	JoAnne Smith	\$18.63	\$23.50

Discover tools to improve both your digital pictures and your digital photography skills.

<b>DIGITAL PHOTO FUN</b>								
203-625-31404	Tuesday	April 23	1 time	9:00 a.m.—1:00 p.m.	4 hrs	JoAnne Smith	\$18.63	\$23.50

Learn fun and creative ways to use those digital photos you've taken. The class will touch on the techniques used in digital scrapbooking and how to create photo wear and gifts. Several software packages will be demonstrated to help you create photo "stories" to share! Come join in the fun!

<b>PINTEREST</b>								
103-669-31486	Tuesday	April 23	1 time	2:00—4:00 p.m.	2 hrs	JoAnne Smith	\$11.31	13.75

Learn about this popular web sharing service that allows members to "pin" images, videos and other objects to their pinboard. Pinterest lets you organize and share beautiful things you find on the web. People use pinboards to plan weddings, decorate homes, and organize favorite recipes. Learn to browse friends' pinboards and get inspiration from others who share your interests.

<b>SETTING UP YOUR FACEBOOK PROFILE</b>								
103-678-31487	Friday	April 19	1 time	Noon—4:00 p.m.	4 hrs	JoAnne Smith	\$25.94	\$33.25

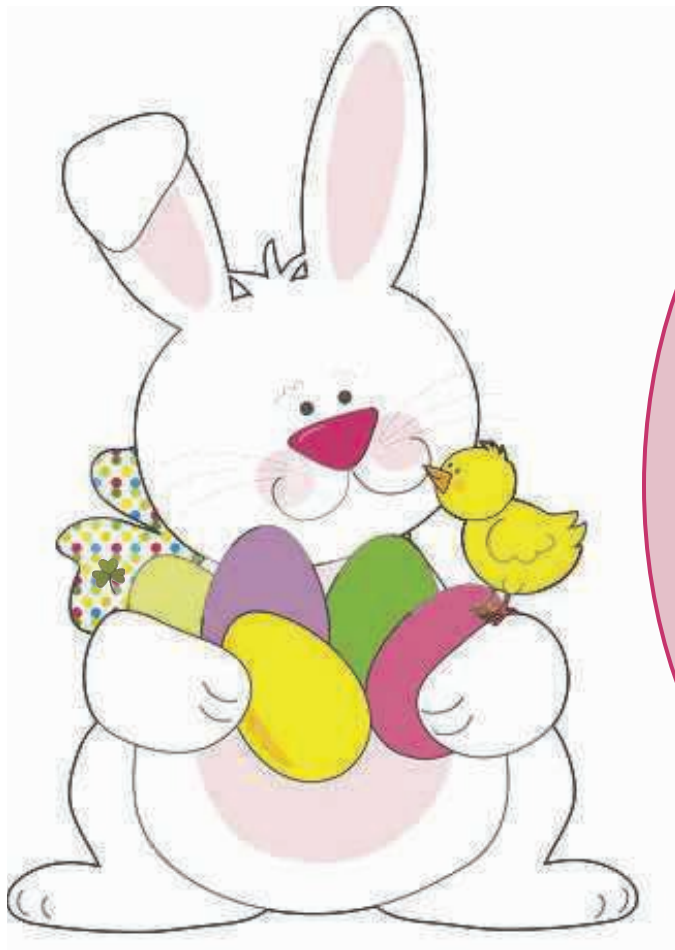
Your profile page on Facebook tells the world who you are. It includes information like your background, interests, hobbies, relationships and more. Learn how to fill out your profile to include your favorite things. Students should already have an email account.

<b>IS THE iPad FOR YOU?</b>								
103-606-31479	Saturday	April 20	1 time	9:00 a.m.—Noon	3 hrs	JoAnne Smith	\$18.63	\$23.50

Learn about the iPad to determine if you could use the iPad instead of a computer and/or as an additional computer. Connect wirelessly to the Internet almost anywhere there is access to a cell tower to send and received email, read books, take pictures, look at photos, write letters and essays, research family trees, play **10** games, watch movies, and listen to music—all with limited computer knowledge. Find out what decisions you need to make prior to purchase.

# INTERGENERATIONAL PROGRAM

## EASTER EGGSTRAVAGANZA



**Thursday  
March 28  
3:30—4:30 p.m.**

**BRING THE KIDS!**

Seniors are invited to celebrate Easter fun with their grandchildren or other special youngster. There will be Easter egg decorating, an egg hunt, snack, and visit from the Easter Bunny! What a great way to spend time with that special little somebunny! **YOU MUST REGISTER FOR THIS EVENT** by calling 322-3630. There is no cost to attend, but space is limited. Register early!

**EGG  
HUNT**

**EGG  
DYING**

*meet the*  
**EASTER  
BUNNY**

**Easter  
TREATS**

**HOP IN AND JOIN THE FUN!**



# MONTHLY MOVIE

## "ARGO" ~ Wednesday, March 27

**11:45 a.m. Lunch (optional)** MENU: BBQ Pork Cutlet, Red Skin Potatoes, Corn & Black Bean Salad, Fruited Gelatin, Sliced Bread, Cinnamon Roll, Milk

### 12:30 p.m. Movie: "ARGO"

Based on true events, "Argo" chronicles the life-or-death covert operation to rescue six Americans that unfolded behind the scenes of the Iran hostage crisis – the truth of which was unknown by the public for decades. On November 4, 1979, as the Iranian revolution reached its boiling point, militants stormed the U.S. embassy in Tehran, taking 52 Americans hostage. But, in the midst of the chaos, six Americans managed to slip away and find refuge in the home of the Canadian ambassador.

Knowing it was only a matter of time before the six were found out and likely killed, a CIA "exfiltration" specialist named Tony Mendez (Ben Affleck) came up with a risky plan to get them safely out of the country. This by-the-book action thriller hits all the right notes, with suspenseful just-in-the-nick-of-time escape scenes. "Argo" nabbed a Golden Globe for Best Film–Drama and best Director, and has been nominated for seven Academy Awards. Director: Ben Affleck. Stars: Ben Affleck, Bryan Cranston, Alan Arkin, John Goodman, 2012, Rated: R, 120 min., Drama.



You must register separately for each activity. Call 929-3937 by 1 p.m. on the day before to register for the FDL Senior Dining Program lunch (recommended donation of just \$3.00 for those age 60 years or older; mandatory charge of \$9.25 for those under age 60). Call 322-3630 to register to attend the movie so that adequate seating & refreshments can be planned. Movies are free and open to the public. FREE popcorn and refreshments.

*Special thanks to Family Video, 32 E. Johnson Street, for generously allowing the Senior Center one free movie rental per month.*

### FOR RENT – ELDERLY HOUSING

**One Bedroom Units • Rent based on Income  
No Asset Limitations**

#### Westnor Apartments at 653 West Arndt Street, Fond du Lac

- Must be elderly (62+) or disabled
- Fond du Lac County Nutrition Program meal site 5 days a week
- Nursing services available to residents free one day a week
- All utilities included in rent, Free on site parking
- Close to Forest Mall, etc. On City bus route

#### Grand Court Apartments at 630 West Arndt Street, Fond du Lac

- Must be elderly (62+) or disabled
- Nursing services available to residents free one day a week
- All utilities included in rent except electricity, Free on site parking
- Close to Forest Mall, etc. On City bus route

#### Heather Meadows Apartments at 235 Winnebago Street, N Fond du Lac

- Must be elderly (62+) or disabled
- Nursing services available to residents free twice a month
- All utilities paid except electricity
- Free on site parking

#### Rosalind Apartments at 15 North Marr Street, Fond du Lac

- Must be near elderly, elderly (50+) or disabled
- Air conditioned hallways and Community Room
- Large TV for resident use in Community Room
- Nursing services available to residents free one day a week
- All utilities included in rent
- Close to downtown, hospital, clinics, churches; on City bus route

**For more information call: Fond du Lac Housing Authority  
929-3107 extension 102 • Monday – Friday 8:00 AM – 4:30 PM**

Recognized by HUD as a High Performer in management and maintenance.

### NORTHGATE SENIOR APARTMENTS

350 Winnebago St., North Fond Du Lac  
**CALL RHONDA AT (920) 929-9270**

*An Independent Living Community For 55+*

-Certain Income Guidelines Apply-  
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Apartments Available**

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# RECREATION

Call 322-3630 for more information about any of these activities. [New members are always welcome!](#)

Unless otherwise noted, there is no cost to participate in these recreational activities, but there is a 50¢ requested donation. These donations help defray the cost of programming and operations at the Senior Center. It is a DONATION – and is not required for participation.

## ART CLUB

Thursdays at 1:00 p.m.

## BINGO

50¢ for 2 cards

Tuesdays at 1:00 p.m.

Thanks to our Bingo Sponsors who provide prizes, treats, and caller.

1st Tuesday: ManorCare (odd months)

Hospice Advantage (even months)

2nd Tuesday: Comfort Keepers

3rd Tuesday: **Looking for a new sponsor**

4th Tuesday: Rehab Arisces (even months)

Philip Shepherd, Attorney (odd months)

5th Tuesday: CRL Senior Living of Oshkosh

## BOOK CLUB

3rd Monday at 9:30 a.m.

**March 18** *The Long Way Home*  
Karen McQuestion

**April 15** *The Girls from Ames:*  
A Story of Women & Friendship  
Jeffrey Zaslow

**May 20** *The Lost Artist*  
Gail Lukasik

*Book synopses available at front desk.*

## BRIDGE

\$1 donation

Tuesdays at 12:45 p.m.

For information or to play, call Joan Christ at 921-9526.

Thursdays at 12:45 p.m.

For information or to play, call Hilda Feldmann at 921-2889.

## CANASTA

1st & 3rd Wednesdays at 1:00 p.m.

## COIN CLUB

2nd Tuesday (May–October) at 6:30 p.m.

## CRIBBAGE

Wednesdays at 1:00 p.m.

## DANCES

\$3.00 fee

Wednesdays at 7:30–10:00 p.m.

## DOMINOES

3rd Wednesday at 12:30 p.m.

## GERMAN CLUB

Mondays at 1:00 p.m.

## HAND & FOOT (NEW Card Game)

2nd & 4th Wednesdays at 1:00 p.m.

## HANDCHIME CHOIR

Wednesdays & Thursdays at 9:00 a.m.

## LINETTES (EZ Line Dancing)

Wednesdays at 9:00 a.m.

## MODEL RAILROAD HOBBYISTS

2nd Sunday at 6:00 p.m.

## PINOCHLE

Fridays at 1:00 p.m.

## POKER

Mondays at 1:00 p.m.

## POOL Open Pool daily

Leagues

8-Ball Tuesdays 8:30 a.m.–12:30 p.m.

9-Ball Wednesdays 8:30 a.m.–12:30 p.m.

## QUILTING

Flying Geese Quilting Club

1st Thursday at 1 p.m.

Call Nancy at 923-4494 for information.

Sunset Stitches Quilt Guild

2nd Thursday at 7:00 p.m.

Call Laura at 923-1693 for information.



*All men are welcome to join the "Retired Old Men Eating Out" for lunch...*

**Thursday, March 7, at noon**  
Gino's Italian Restaurant

**Thursday, April 4, at noon**  
Hibachi Grill & Sushi Buffet

## SCAMP (Senior Center Band)

Wednesdays at 8:30 a.m.

## SCRAPBOOK CLUB

First three Thursdays at 10:00 a.m.

*Char-tastic Crafters*

1st & 3rd Thursday from 6–8 p.m.

## SHEEPSHEAD

\$1 donation

Mondays at 1:15 p.m.

Jack of Diamonds

Wednesdays and Fridays at 1:15 p.m.

Black Queens

## SKAT

Tuesdays at 9:00 a.m.

## SPANISH CLUB

Wednesdays at 1:30 p.m.

## STAMP CLUB

3rd Wednesday at 7:30 p.m.

## SUPPER CLUB

*Dutch Treat. Everyone welcome!*

**You MUST call the Center if attending.**

**Friday, March 15**

Social: 5:00 p.m.; Dinner: 5:30 p.m.

*Holiday Inn*

**Friday, April 19**

Social: 5:00 p.m.; Dinner: 5:30 p.m.

*American Legion Hall in Lomira*

Directions and carpooling available

## STITCHERY CLUB

2nd & 4th Tuesday at 1:00 p.m.

## TOPS (Take Off Pounds Sensibly)

**Chapter #1159**

Mondays at 5:00 p.m.

**Chapter #0566**

Thursdays at 6:00 p.m.

## WACKY RACES

4th Tuesday at 3:00 p.m. (after Bingo)

## Wii BOWLING

Open Bowling by request—call to reserve day

Fridays at 12:30 and 2:00 p.m.

League Play

## WINNEBAGO WOODWORKERS

2nd Tuesday from 6:00–8:00 p.m.

General meeting held at the FDL Senior Center

**Other Tuesdays from 6:00–8:00 p.m.**

Workshop meetings at Horace Mann High School, North Fond du Lac.

Dave Jackson at 923-5233 for more info.

## WOODCARVERS GROUP

Mondays at 9:00 a.m.

## WRITERS GROUP

Fridays at 1:00 p.m.

*The Memories Writers meets to share and preserve life experiences and family history. New members welcome!*

# HEALTH & WELLNESS

## Alzheimer's Support Group

**Thursday, March 28, 6:30–8 p.m.**

**Senior Center ~ Room 4 (4th Thursdays)** Facilitated by Jaime Roth and Ginny Nyhuis, this new group offers support to those affected by this terrible disease.

## TAI JI

The next Tai Ji session will **begin April 9 and end May 28**. The classes meet on **Tuesday mornings from 9–10 a.m.** The cost is \$45 for the eight weeks. Participants should wear loose comfortable clothing and tennis shoes. Friends Membership is required. For more information, please call 322-3630.



## WALKING CLASS



Walking class meets every **Monday and Thursday afternoon at 3:45 p.m.** For comfort, wear walking shoes. 50¢ Donation. Don't let cold and ice keep you from staying fit. You will get a good

mile workout every time you come. Each session focuses on one of five different body areas.

## EXERCISE CLASSES

### LOW IMPACT CHAIR EXERCISE

**Mondays 9:00 – 9:30 a.m.**

Sponsored by **All About Life**  
**Men & Women Welcome!**

### CHAIR EXERCISE VIDEO

**Wednesdays 10:15 – 10:45 a.m.**

Video furnished by **Lutheran Homes and Health Services**



## ZUMBA GOLD

Kirsten Quam conducts Zumba Gold classes on **Monday evenings from 5:30 to 6:30 p.m.** The cost is \$5 for walk ins or a ten class punch card for \$40. Please call 920-606-9078 for more information.



## OTHER EXERCISE

Hikers ..... Tuesday & Thursday mornings  
Line Dancing.... Thursdays 6–7:30 p.m.; \$10 for 4 weeks  
Water Exercise..... Daily 8 a.m. at the Aquatic Center  
**14** \$3.75 per session

## HEALTH SERVICES

### BLOOD PRESSURE TESTING

Sponsored by Generations Home Care and Hospice

**Friday, March 8; from 9–10 a.m. 2nd Fri. of the month**  
No appointment needed. Donations accepted.

### BLOOD SUGAR TESTING

Sponsored by Lutheran Homes & Health Services

**Friday, March 8; from 9–10 a.m. 2nd Fri. of the month**  
No appointment needed; Donations accepted.  
*12-hour fast is required.*

### CHOLESTEROL SCREENING

Sponsored by Consultants Lab – A member of Agnesian HealthCare  
Lipid Panel + Glucose screening

**Tuesday, May 14; from 8:30– 11 a.m.**  
*2nd Tuesday in February, May, August, November*  
Cost: \$20; Call 322-3630 for appointment.  
*12-hour fast is required.*

### FOOT CARE (ROUTINE NAIL CARE)

Sponsored by FDL County Health Department

**Thursday, March 14, 21, 28**  
Cost: \$20; Call 322-3630 for appointment.

### HEARING SCREENING/HEARING AID CLEANING

Sponsored by Avada Hearing Care Center

**Friday, April 12; from 8:30–10 a.m.**  
*2nd Friday of even months*  
FREE Hearing Screenings and FREE Hearing Aid Cleanings  
Call 322-3630 for appointment; Donations accepted.

### MASSAGE, REFLEXOLOGY, IRIS

Renee Waters, Certified Massage Therapist & Naturopath;  
Owner of Country Doctor

**Tuesday, March 26; 10 a.m. through the day**  
*Usually 4th Tuesday of the month*  
Cost: \$20 for 30 minute session; Call 322-3630 for appointment.

### VITAMIN D TESTING 25OH Vitamin D test

Sponsored by Consultants Lab – A member of Agnesian HealthCare

**Tuesday, May 14; from 8:30 – 11 a.m.**  
*2nd Tuesday in February, May, August, November*  
Cost: \$40; Call 322-3630 for appointment.

## SUPPORT GROUPS

### DIABETIC SUPPORT GROUPS

**Monday, March 4, from 5:30–6:30 p.m. (1st Monday of the month)**  
Agnesian Health Care, 430 E. Division St., 6th floor meeting room  
**Tuesday, March 19, from 4–5 p.m. (3rd Tuesday of the month)**  
Aurora Health Care Center, 210 American Drive, American Room

### GLUTEN FREE SUPPORT GROUP

**Next Meeting: Friday, March 15, from 9–10 a.m.**  
Festival Foods, Conference Room, 1125 E. Johnson Street

### PROSTATE CANCER

**Tuesday, March 12, at 8:30 a.m. (2nd Tuesday of the month)**  
Rolling Meadows Family Restaurant, 947 S. Rolling Meadows Drive

### PARKINSON'S SUPPORT GROUP

**Monday, March 11, from 10–11 a.m. (2nd Monday of the month)**  
Aurora Health Care Center, 210 American Drive, American Room



# HEALTH & WELLNESS



## HELP TO ORGANIZE Thursday, March 7 10 a.m.

Do you ever look around your home or office and think "WOW! I have a lot of stuff lying around!"? Do you find yourself questioning your organizational skills?

Organizing has many benefits: it can help to remove stress, save you money, increase time and energy, improve health and can free you from feeling overwhelmed and burdened. Phyllis Ninneman, a professional organizer, will do a presentation on how to organize, remove clutter, and pack up or eliminate non-essentials. It will be a 30-minute presentation followed by questions and answers. Includes handouts, information, door prizes, a gift certificate and refreshments. Please call 322-3630 to register.

## LOOK GOOD...FEEL BETTER Wednesday, April 10 10 a.m.—noon

The American Cancer Society sponsors "Look Good...Feel Better" programs at the Senior Center. This is a free program created for women of any age undergoing cancer treatment to look good and manage treatment and recovery with greater confidence. Each participant will receive a complimentary beauty kit with cosmetics donated by top name companies. If you know a lady going through treatment, tell her about this beneficial program. Advance registration is required. Please call the American Cancer Society toll free at 1-800-227-2345.



## BREAKFAST FOR THE BRAIN Use it or lose it . . . Improve your brain's health!

Did you know that your brain continues to make new neurons throughout life in response to mental activity?

Mark your calendar on Tuesdays and Thursdays from April 25 to May 14.

This interactive program designed to workout your brain will meet from 9–10:30 a.m. on Tuesday and Thursday mornings. Location: Aging and Disability Resource Center, 50 N. Portland St. Nan Baumgartner, retired Extension educator, is the facilitator. The cost is \$15 and is limited to the first sixteen seniors to sign up. **Keep your brain healthy and active.—please come in and sign up!**

## MINI HEALTH FAIR Friday, March 8

### Health Screenings 9–10 a.m.

- Blood pressure by *Generations Home Care and Hospice*
- Blood sugar (fast required), by *Lutheran Homes & Health Services*



### DVD 9:15 –10 a.m. "Aerobic and Anaerobic Exercise."

Dr. Anthony Goodman states that "exercise is absolutely the single most consistent factor in staving off cognitive decline that occurs with aging." Learn about different types of exercise.

**Odd Bingo 10 –11 a.m.** Come find out if you have the luck of the Irish at this month's bingo. Bring along a list of words with a "luck" theme.

# SENIOR OUTREACH PROGRAM



## COMMUNITY CARES

Volunteers will be visiting Walnut Grove Memory Care, 154 South Pioneer Parkway, between 2–3 p.m. on **Tuesday, March 26**. Volunteers go to a different local nursing home or assisted living facility each month to visit residents who have few visitors. You will be paired with an experienced volunteer for these one on one visits. A small gift will be furnished to give the resident. Volunteers can be any age. This one hour can bring a smile to a senior and make a difference in their day. Call 322-3630 to sign up or if you have questions.



## SENIOR OUTREACH PROGRAM

Volunteers will meet on **Thursday, March 8, at 9 a.m.** to turn in reports and provide support and information. Then at 10 a.m. we will have a presentation by Phyllis Ninneman of Help to Organize. Phyllis is a professional organizer and will share how emotions enter into de-cluttering your home. She will give helpful tips you won't want to miss, neat little handouts and a time to ask questions.

**The Senior Outreach Program is funded in part by:**

Friends of the Fond du Lac Senior Center  
Fond du Lac County Department of Community Programs  
Fond du Lac Area United Way; Fond du Lac Area Foundation

# RED HAT HONEYS

THE FDL SENIOR CENTER CHAPTER OF THE RED HAT SOCIETY

To learn more about Red Hat Honeys activities, you must pick up a newsletter at the front desk, or request to get on the Red Hat e-mail list. The Chapter is open to ladies of all ages and the \$5 membership is on-going.

## LUNCH AT FAT JOE'S

**Thursday—March 21 ; 11:30 a.m. Social—Noon Lunch**

Gather for a Dutch treat lunch at Fat Joe's There is a coupon in the Dine Out Coupon Book that could be used. LIMIT 24

## LUNCH AT HUNTERS POINT

**Thursday—April 11; 11:30 a.m.**

See Red Hat Honeys newsletter for details. LIMIT: 30; COST: TBD

## HAT DECORATING WORKSHOP

For new Red Hat members and others, add a new look to an old hat...

**Wednesday—April 24 ; 1-4 p.m. at the Senior Center**

Bring hats and any embellishments you would like to use on them. Barbara will have some supplies (glue gun, etc.) and embellishments available too. LIMIT: 12; COST: \$3

## LET'S HAVE A PARTY!

**Wednesday—May 15 ; 11:00 a.m. Social—Noon Lunch**

Gather for a Dutch treat lunch at Big Al Capone's in Pipe. Pre-register if you plan to attend.

**We need activities for 2013. Please help!**



# THIS 'n THAT

**Craft & Gift Shoppe**

**OPEN TO THE PUBLIC Monday—Friday 9 a.m.—4 p.m.**



**Check out our unique assortment of necklaces... including:**

- Some made from potatoes (really!)
- Beaded necklaces with matching earrings
- Very popular ribbon crocheted necklaces in a variety of colors
- 4-leaf clover pendants sure to bring you luck



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**MONDAY TO FRIDAY 8AM TO 4:30 PM**  
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FOR AD INFO CALL ANN MARIE GRALL **1-800-950-9952 • [www.4LPi.com](http://www.4LPi.com)** Friends of Fond du Lac Senior Center

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# CLASSES & CROPS

## ART & RECREATION CLASSES

Several art and recreational classes are offered at the Senior Center. Registration for these classes is required—register at the front desk. Payment is expected at that time and can be made with cash or check made payable to *Friends, Inc.*

Class	Day	Time	Weeks	Cost
<u>Oil Painting</u>	Tuesday	10 a.m.—noon	4	\$15
March 12, 19, 26, April 9		April 16, 23, 30, May 7		
<u>Watercolor</u>	Tuesday	1—3 p.m.	4	\$15
March 12, 19, 26, April 9		April 16, 23, 30, May 7		
<u>Mixed Media</u>	Tuesday	3—4:30 p.m.	4	\$10
March 12, 19, 26, April 9		April 16, 23, 30, May 7		
<u>Drawing</u>	Wednesday	6—8 p.m.	4	\$15
March 13, 20, 27, April 10		April 17, 24, May 1, 8		
<u>Country Line Dancing</u>	Thursday	6—7:30 p.m.	4	\$10
March 7, 14, 21, 28		April 4, 11, 18, 25		
<u>Beg. Country Line Dancing</u>	Saturday	10—11:30 a.m.	3	\$7.50
March 2, 9, 16		April 6, 13, 20		
<u>Singing</u>	Wednesday	10—11 a.m.	6	\$25
April 3, 10, 17, 24, May 1, 8				
<u>Sewing Lab</u>		3:30—6:30 p.m.		
April 3, 10, 17, 24				

## SCRAPBOOK CROPS ✂--✂--✂

▪ **Colette Jaeger** will hold a Scrapbooking Crop at the Center on **March 23**, from **9 a.m. to 9 p.m.** The cost is \$20 and includes lunch, dinner, and space to scrapbook away. **To register: Colette at 602-2486.**

▪ **Kim Stern** has a Scrapbooking Crop scheduled at the Senior Center on **April 27**, from **9 a.m. to 9 p.m.** All skill levels and all ages are welcome. The \$18 registration fee includes lunch and dinner, a “make & take” and a large space for scrapbooking. **To register: Kim at 517-1108.**

Other 2013 dates for Saturday Scrapbook Crops at the Senior Center: **June 29, July 27, September 28, and October 26.**

## CARD MAKING CLASS with Jana Secord

**Tuesday, March 12 3 sessions to choose from:**  
**3:15—4:45 p.m., 5:15—6:45 p.m. or 7—8:30 p.m.**

**Explore your creative side!**

Make three beautiful cards (including an Easter or all-occasion Spring card) for \$6 or cards and class is FREE if you place a minimum \$15 product order towards making your own cards! Bring your own scissors and adhesive if you are able. **To register, contact Jana at 920-979-5262 or email stampinjana@charter.net by 5 p.m. on March 11 to participate.**

# SERVICES

- Free computer/Internet access in Lab & Lobby for members only
- Information or referral on many senior citizen related topics
- Car Fit service available by appt—have a perfect fit to your car
- Photo copies 5¢ each page; FAX send/receive; Laminating
- Document shredder available for your use
- Income tax assistance (free) during tax season
- Books, magazines, puzzles, videos available to borrow FREE
- Weight scale in Health Room
- Newcomer tour: Call for a personal appointment or just stop in
- Magnified reader for visually impaired or for reading fine print
- Telephone Reassurance Calls: Mornings (Monday—Friday)
- This ‘n That Craft Shoppe open weekdays 9 a.m.—4 p.m. Craft Intake held every Tuesday from 9:30 a.m.—1:00 p.m. Crafters welcome to inquire about consignment opportunities
- FDL County Department of Senior Services Dining Program  
**Meals served at Senior Center Monday—Thursday at 11:45 a.m.**  
 Reservations for meals are made by calling 929-3937 and MUST be made by 1 p.m. the day before you will attend. Menus are available at the front desk.  
 Suggested donation of \$3 for those 60 years of age or older or married to someone 60 or older; required fee of \$9.25 for those younger than 60.
- FDL County Department of Senior Service Benefit Specialist Julie Hilbert can be reached at 929-3521.

## FREE TICKETS TO SCHOOL EVENTS

The Fond du Lac School District has generously sent the Senior Center ten complimentary tickets for admission to regular season athletic contests and music department concerts presented by district schools for the public.

These tickets are to be used by **seniors** on a **shared basis**—anyone who is interested in attending a specific event may pick up a complimentary ticket at the Senior Center, use it for that particular event, and return it to the Center for use by others. The tickets are available for check out at the front desk.



## SOUP DRIVE OVER 2500 CANS COLLECTED!

The Soup Drive to benefit the Salvation Army Food Pantry continues. Please drop your donations in the large soup pots located in the front and back lobbies. Because the Salvation Army helps feed almost 400 families each month, these donations have been deeply appreciated! Thank you for your generosity!



**WARM THE HEARTS AND SOULS OF THOSE IN NEED...  
 KEEP THOSE CANS COMING IN AND THANK YOU!**



# COMMUNITY

## SENIOR DINING GROUP

The FDL Senior Dining Group invites all men & women 55 and older to join them on Tuesday nights. The group meets weekly for dining, with cocktails at 5:30 p.m. and dinner at 6:30 p.m.



**March 5** Schmitt's Oar House N7044 Winnebago Dr., FDL  
**March 12** Gino's 584 W. Johnson St., FDL  
**March 19** Wendt's on the Lake Hwy 45 N., FDL  
**March 26** Duffy's (Holiday Inn) 625 W. Rolling Meadows Dr., FDL

More info: call Max at 920-269-4180 or Mary Jo at 960-2532.

**GREAT OPPORTUNITY TO SOCIALIZE  
AND MEET NEW FRIENDS!**

## NEWS FROM THE ADRC

### Aging & Disability Resource Center

50 N. Portland Street; For more information call 929-3466

Long Term Care programs and services for the Elderly or Disabled

### Veteran Center Counselor available for Readjustment Issues

March 1 & March 15 from 8 a.m. – 4:30 p.m.

March 29 from 8 a.m. – Noon

Appointments appreciated by calling 414-434-1311—but walk-ins are welcome.

### Alzheimer's Representative

March 6 from 10 a.m. – Noon

Get answers to your questions concerning memory loss, treatment options, planning for the future by calling 920-838-1311 for an appointment. Walk-ins also welcome.

### Legacies Series—Beyond Genealogy

Tuesdays in March

Learn ways to pass on family history to future generations when one is no longer mentally or physically able to share those memories. Call Mary at 414-779-8484 for details or to register.

### Brown Bag Medication Review

March 27 at the Rosalind Apartments

A free and confidential review of your medications by a Walgreen's pharmacist. Bring all your medications, vitamins, herbs, etc. in a bag along with your questions or concerns. You do not need to use Walgreen's Pharmacy to participate in this service. Please call 929-3466 for an appointment.



Home Care Services

920-933-5550

[www.aboveandbeyondcaresolutions.com](http://www.aboveandbeyondcaresolutions.com)

## Twohig Funeral Homes

[www.twohigfunerals.com](http://www.twohigfunerals.com)

305 Fond du Lac Ave Fond du Lac 109 W. Main St. Campbellspoint

920-921-0960

920-533-4422

Cost conscience funeral services from full services to cremation

Robert J. Twohig Casey W. Twohig Gianna Wachholz Ehlert



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[www.allaboutlifeskillednursing.com](http://www.allaboutlifeskillednursing.com)

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OPEN:  
NOV. 15-APRIL 15  
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**Wink**  
Chiropractic

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a **FREE** consultation and x-rays  
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**Mary Hietpas**  
Realtor, SRES, ABR

920-923-4433, Office  
920-960-8422 Cell  
1028 S. Main Street • Fond du Lac  
[mary@adashunjones.com](mailto:mary@adashunjones.com)



**ISABELL M. MUELLER**  
Attorney at Law

19 E. 1st Street  
Fond du Lac WI 54935

(920) 960-9552

- Estate Planning
- Wills and Probate
- Powers of Attorney
- Revocable Living Trusts



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Friends of Fond du Lac Senior Center

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# 2013 FRIENDS MEMBERSHIP APPLICATION

2013 membership valid NOW through December 31, 2013

To join the FRIENDS of the FOND DU LAC SENIOR CENTER or to renew your membership, please complete this application and return it to the Fond du Lac Senior Center. Membership is on-going throughout the whole year.

**Please make check payable to: "FRIENDS, INC."**

Fond du Lac Senior Center  
151 E. 1st Street  
Fond du Lac, Wisconsin 54935

**PLEASE PRINT CLEARLY** as all information is entered into the computer by a volunteer.

<b>NAME(s)</b> (both, if couple)	
<b>ADDRESS</b>	
<b>CITY, STATE, ZIP</b>	
<b>PHONE</b>	
<b>BIRTHDATE</b> (optional)	
<b>E-MAIL</b> (absolutely confidential)	
<b>CITY RESIDENT?</b>	<input type="checkbox"/> <b>City of Fond du Lac</b> <b>Other:</b> _____

## CHOICE OF SUPPORT:

- ☐ **\$10.00 Single**
- ☐ **\$15.00 Couple** (Husband and Wife)

**2013 membership  
valid NOW through  
December 31, 2013**

- ☐ **\$\_\_\_\_\_ Utility Donation for the City of Fond du Lac** For a few years now, we have asked members to give **\$25** or whatever they could afford. A \$10,000 donation has been made each year in the fall by the Friends Board of Director to City Council to help cover the \$19,000 cost of utilities at the Senior Center. Thank you to all who helped with donations. Almost \$5,000 in donations came in last year and the remainder came from fundraising efforts. Your donation for 2013 is optional but *very much appreciated!*
- ☐ **\$50.00 FANTASTIC FRIENDS membership support** — Thank you for your \$50 donation to the Friends of the Fond du Lac Senior Center. This special membership helps with the day-to-day operation of the Center and is much appreciated. You will receive a 2013 Dine Out Coupon Book in appreciation of your fantastic donation. *You can pick it up at the front desk.* The **FANTASTIC FRIENDS MEMBERSHIP includes your single or couple membership** and additional donation to Friends to help with the operation of the Center.
- ☐ **\$100.00 FABULOUS FRIENDS membership support** — Thank you for your "above and beyond" FABULOUS \$100 donation to the Friends. Recognition of your support will be in the Senior Center's October newsletter, and you will receive 2 new 2013 Dine Out Coupon Books with our appreciation. *Please pick them up at the front desk.* The **FABULOUS FRIENDS MEMBERSHIP includes your single or couple membership**, and a fabulous donation to the Friends of the Fond du Lac Senior Center to help with operations.
- PLEASE CHECK:    ☐ Yes, you CAN include my name when listing publicity.    ☐ No, please do NOT list my name.

**TOTAL ENCLOSED** (Utility Donation and Friends Membership **can** be on the same check.)

Because the Friends is a 501(c)(3) nonprofit organization, your contribution is tax deductible.

Please note that **RED HAT HONEYS** members use another purple form for the **\$5 chapter dues**. The \$5 dues should be paid at the same time the required Friends membership is paid to avoid confusion. Friends membership, utility donation, and Red Hat dues **CAN** be on the same check. Forms are available at the Senior Center and Red Hat Honeys membership is on-going throughout the year. We always welcome new Red Hatters!

## FOR OFFICE USE ONLY

DATE PAID \_\_\_\_\_ CASH \_\_\_\_\_ CHECK \_\_\_\_\_ CHECK # \_\_\_\_\_

☐ NEW 2013 Member    ☐ Renewal    Receptionist Initials \_\_\_\_\_

☐ FANTASTIC FRIENDS \$50    ☐ FABULOUS FRIENDS \$100    ☐ UTILITY DONATION: \$ \_\_\_\_\_

☐ Received *Among Friends* Newsletter    ☐ Received Happy Travelers Info    ☐ Red Hat Dues also paid (purple form)



## Fond du Lac Senior Center

151 E. First Street  
Fond du Lac, WI 54935

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■

## FOND DU LAC SENIOR CENTER 920-322-3630

### STAFF

#### DIRECTOR

*Dottie Winkelmann 322-3630*  
dwinkelmann@fdl.wi.gov

#### ASSISTANT DIRECTOR

*Judy Lange 322-3633*  
jlange@fdl.wi.gov

#### TRAVEL COORDINATOR

*Doris Zimmermann 322-3635*

#### WELLNESS COORDINATOR

*Jean Holzman 322-3636*

#### OFFICE COORDINATOR

*Vickie Michels 322-3639*

#### CRAFT SHOPPE COORDINATOR

*Patsy Lefeber*  
322-3638

#### TOUR DIRECTOR

*Mary Schneider 322-3640*

### FRIENDS BOARD OF DIRECTORS

*Jim Sabel, President*  
*Mary Kind, Vice President*  
*Kate Barr, Secretary*  
*Ron Zarling, Treasurer*  
*Susanne Dennis*  
*Jerry Gordon*  
*Charlotte Nelson*  
*Irv Pea*  
*Ruth Smith*

Fond du Lac Senior Center  
is a member of **WASC**

Wisconsin  
Association of  
Senior  
Centers



### SENIOR CITIZEN ADVISORY COMMITTEE

*Betty Blank, Chair*  
*Mary Kind, Vice Chair*  
*Vivian Gorden, Secretary*  
*Sr. Angie Behen*  
*Kathryn Curran*  
*Joyce Dille*  
*Councilman Jim Sabel*  
*Donna Jean Trapp*  
*Judi Walters*

### MISSION

The Fond du Lac Senior Center is dedicated to enriching the social, physical, emotional, and intellectual well-being of seniors in the community.

♥LCW



Visit us online: **[www.fdlseiorcenter.com](http://www.fdlseiorcenter.com)**  
Stay up to date with everything happening at the Center!  
"Like" us on Facebook for pictures, contests and more!  
**[Facebook.com/FondduLacSeniorCenter](https://www.facebook.com/FondduLacSeniorCenter)**



Find us on  
**Facebook**